

# BREATHING FOR PEACE

## A Mindfulness and Gentle Yoga Workshop for Anxiety and Stress Relief



### THIS EXPERIENTIAL WORKSHOP WILL INTRODUCE YOU TO:

- CHAIR YOGA FLOW, A DYNAMIC BREATH-CENTERED HATHA YOGA PRACTICE APPROPRIATE FOR ALL LEVELS
- GUIDED VISUALIZATION AND RELAXATION PRACTICES SEQUENCED TO SUPPORT THOSE SUFFERING FROM PTS, ANXIETY, AND STRESS
- SIMPLE PRANAYAMA (BREATHING) PRACTICES
- INSTRUCTOR: KRISTEN G. NESBITT, M.ED; RYT 500. Kristen has been teaching yoga for 16 years, and has been an educator for more than 30.
- FOR MORE INFORMATION AND TRANSLATIONS IN UKRAINIAN TO PREVIEW, PLEASE VISIT [WWW.BACKROADSYOGA.COM](http://WWW.BACKROADSYOGA.COM).

